

**From:** [Cindy Russell](#)  
**To:** [Ellenberg, Supervisor](#)  
**Subject:** Book- Screen Schooled  
**Date:** Tuesday, June 4, 2019 11:28:46 PM

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Dear Supervisor Ellenberg:

So very nice to meet you tonight at the SCCMA Awards Banquet. We talked about the book regarding digital overuse in schools.

"Screen Schooled" by veteran teachers Joe Clement and Matt Miles.

<https://www.chicagoreviewpress.com/screen-schooled-products-9781613739518.php>

I have had a long interest in environmental toxins and have been chair of the SCCMA Environmental Health Committee for over 20 years and VP of Community Health for about 15 years. This led to interest in harm from cell towers as well as harmful psychosocial effects of excess digital media use. One of our Advisory Board members is Dr. Victoria Dunckley, a psychiatrist who wrote a wonderful book about treating digital addiction- "How to Reset Your Child's Brain"

<https://www.goodreads.com/book/show/25801055-reset-your-child-s-brain>

Thanks for all your excellent work!!! It is not easy. I admire your focus on early education and health. It is the foundation of a healthy society.

Very best,

Cindy

P.S. I am also on the SCC IPM Tag and helped develop the IPM ordinance for SCC in 2001.

<https://www.sccgov.org/sites/ipm/resources/Pages/administrative-guidelines.aspx>

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*Our vision is a world where technology serves our needs without undermining our physical, psychosocial or environmental health.*